

Aerobic Deck

prosourcefit.com/collections/strength-and-weight-training/products/aerobic-deck



Go beyond the typical step deck with the ProsourceFit Aerobic Deck. Designed with versatility in mind, the 16 adjustable positions allow you to use this fitness deck as a weight bench, step deck, plyometric deck and ramp. The slip resistance surface keeps your footing and body stable during exercises. The compact design saves space making transportation and storage easy.

OVERVIEW

The ProsourceFit Aerobic Deck is the perfect tool for every athlete of every level. Use as a step deck during aerobics class and adjust the flat step deck height from 8" to 14" or raise one side for a ramp fitness deck for sit-ups or more challenging exercises. Transition your step deck into a weight bench with 4 incline positions ranging from flat / zero degrees to 70 degrees. It doesn't stop there. Train with resistance bands on the workout bench with 6 notches for step and plyometric exercises. After a great workout, store your bands, weights, or towel in the convenient storage compartment. The compact design makes for easy storage in your home or gym and allows for convenient transportation to and from classes.

- All-in-one aerobic deck for aerobic exercises, weight training, plyometric training, and resistance band workouts and more!
- Great workout tool for all athletes of every level

- 2 height positions and 4 incline positions from zero degrees to 70 degrees
- 6 notches for resistance band training; Resistance band included
- Convenient storage compartment for hand weights, bands, and towels
- Anti-slip rubber surface for grip and stability; 330 lb weight limit

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ProsourceFit Fitness Aerobic Deck Stepper with Resistance Band, Multifunctional Workout Bench for Weight Training, Plyometrics for Home Gym

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★★★★★ 13 ratings

Currently unavailable.

We don't know when or if this item will be back in stock.

Brand	ProsourceFit
Material	Plastic
Color	Black/Black
Item Dimensions LxWxH	14 x 9 x 45 inches

About this item

- **FULL BODY WORKOUT** – Train and tone your entire body all on one exercise bench. Built with ultimate versatility, train with different types of exercises: Aerobics, Cardio, Plyometric, Weight and Strength Training, Resistance Band Training, and more!
- **ALL-IN-ONE** – With 16 configurations, this aerobic deck transforms from an aerobic stepping deck, adjustable weight bench, plyometric box, and resistance band anchor all with ease. There's no limit to what you can do on this exercise bench!
- **ANTI-SLIP GRIP** – The textured rubber surface provides a non-slip grip for your feet, hands and body. Go all out in explosive plyometric workouts or aerobic steps without worrying about stability and security.
- **CONVENIENT STORAGE** – Store your fitness equipment in the convenient storage compartment located underneath the flat bench. Simply lift and store weights, towels, resistance bands & more without taking up extra space in your home or gym.
- **FOR ALL LEVELS** – This aerobic deck is adjustable to fit all athletic levels. Train on lower positions or fully expand to maximum height for a greater challenge. Low impact workouts and intense training are possible with this exercise bench!

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ProsourceFit Fitness Aerobic Deck Stepper with Resistance Band, Multifunctional Workout Bench for Weight Training, Plyometrics for Home Gym

amazon.com/ProsourceFit-Resistance-Multifunctional-Training-Plyometrics/dp/B08SHVXNF9



The total body workout tool is here! ProsourceFit Multi-Purpose Adjustable Aerobic Deck offers versatility in exercise through 16 possible positions including aerobic stepping deck with 2 heights & 4-position adjustable weight bench. There's no limit to what you can do. Whether you're a novice or experienced athlete. The convenient storage compartment provides space for weights, towels, and resistance bands. Have no fear during intense workouts with the anti-slip rubber surface and foot padding.

- Versatile aerobic deck for aerobics, weight training, plyometric exercises, resistance band workouts and more!
- 16 bench configurations including 4 weight bench positions
- 6 notches to clip resistance bands
- Convenient storage compartment for hand weights, resistance bands and towels
- Anti-slip rubber surface and foot padding to provide maximum stability
- 330 lb weight capacity



All-in-One Workout Bench

There is no limit to what you can do with the ProsourceFit Multi-Purpose Adjustable Aerobic Deck. With 16 possible configurations, this workout bench transforms into an aerobic stepping deck, plyometric box, weight bench, ramp and more! The 6 notches around the bench allow you to securely clip in resistance bands for more strength training options. Decline the bench for challenging sit-ups or push-ups. The possibilities with this exercise bench are endless!

Anti-Slip Stability

The textured rubber surface on this workout deck ensures grip stability while exercising. During plyometric jumps or aerobic steps, feel secure in your footing with the non-slip surface. The rubber grip also keeps your body from slipping during weight exercises on incline bench. The anti-grip rubber foot pads on the bottom of exercise bench keep the vessel from moving or slipping underneath you for maximum stability and security.

Perfect for All Athletic Levels

This workout bench is a great addition to every athlete's routine. No matter your level, there's a workout for you in this versatile fitness bench! Train on the 8" deck height for less challenging workout or raise to 14" for more experienced athletes. Workout with low-impact entirely on this fitness deck or go all out with explosive plyometric exercises on the same bench! There is are endless workouts waiting for every athlete on this exercise bench.